



Community Partner Quarterly Newsletter

Vol. 13

Spring 2023

www.firststepscentralmn.org

763-276-0441



FIRST STEPS CENTRAL MN

is a team of Registered Nurses who offer support and information to families living in Benton, Sherburne, Stearns, & Wright Counties during pregnancy through the early years of their child's life.

Our Nurses support families to have a healthy pregnancy, a healthy baby, and be a great parent by providing free and voluntary in-home visits.

Our Nurses utilize an evidence-based curriculum with families to help them reach their pregnancy and parenting goals. They meet families where they are at and build the family's connections to local resources within public health, county, and community-based services.

Family home visiting program outcomes include improved maternal & child health, increased family economic self-sufficiency, promotion of optimal child development, and prevention of child abuse and neglect.

ELECTRONIC REFERRAL FORM



Did you hear? We have an electronic submission option for our First Steps referral form!

Bookmark the link at:

<https://firststepscentralmn.org/make-a-referral>



NOW SCHEDULING

Our Outreach Team is available to attend your organization's staff meeting, training day, or lunch-n-learn events to share information about home visiting. This is a convenient way for your staff to get a refresher about home visiting and other public health programs, and learn who and how to make the referral. Email referrals@firststepscentralmn.org or call 763-276-0441 to get scheduled!

INFANT FEEDING SUPPORT

Our Home Visiting Nurses receive many breastfeeding and infant feeding questions from families. In addition to offering phone consultation and free in-home visits from our Nurses, families are also encouraged to attend a local infant feeding support group or Baby Café to receive additional support. More information about these groups (located in Buffalo, Monticello, St. Cloud, and Princeton) can be found at: <https://firststepscentralmn.org/resources>

Many of our Home Visiting Nurses are Certified Lactation Counselors or Specialists (CLC or CLS) and experienced to support families in their infant feeding journey. We are fortunate to have several Internationally Board Certified Lactation Consultants (IBCLCs) on staff in Public Health across our four counties as well, including Benton County's newest Home Visiting Nurse. Mallory recently provided a three-part Lactation Lunch-N-Learn continuing education series for all of our Home Visiting Nurses, in partnership with CentraCare.

*Sherburne County families also have the option to receive peer lactation support through the Sherburne County WIC Peer Breastfeeding Program, learn more their peers at: <https://tinyurl.com/4h4h5uar>



WHAT FAMILIES CAN EXPECT WHEN REFERRED TO FIRST STEPS:

Referral Received

- County and Nurse Assigned
- Same day



Initial Contact

- Contact attempted within 24-72 hours
- Most often call, text also available



Offer Services

- Answer questions
- Education & Resource sharing
- Schedule first visit, if interested



Home Visits

- 3-5 during pregnancy
- Weekly initially after deliver
- Transition to less frequent thereafter



Graduation

- When child turns 2 years old



BUILDING A SUPPORT NETWORK FOR A LOCAL FAMILY

"I have a family that I have been working with for over 2 years now, and through family home visiting and other community resources, have seen so much growth and goals achieved with this family. The family consists of mom and dad who are married, and 3 children. Their oldest daughter is 12 years old, and they have 2 sons ages 2.5 years and 12 months. I started visits with this mom when she was pregnant with her first son. Dad worked full time and mom was staying home taking care of the house and their daughter. The family was mostly Spanish speaking and were struggling to pay bills. Through our home visits and with an interpreter, we were able to get them signed up for the Energy Assistance Program and SNAP which were a big help. After several visits together, Mom was becoming more comfortable with her English and preferred to start doing visits without an interpreter. We had to be patient at times in our communication with one another to make sure we could fully understand what was being discussed, but this challenge and relationship actually really encouraged Mom to get out in the community more and practice speaking to others in English, thus improving her English language skills as well.

We had several visits together before her son was born. After he was born, we continued our visits and mom was able to gain confidence in her parenting skills. We began doing Ages & Stages Questionnaires together through the Follow Along Program and around 12 months of age started noticing some concerning social behaviors in the son and speech delays. We continued working together to promote these areas, but it continued to be a struggle. Mom then found when her son was just over a year old that she was pregnant with her third child, which brought on more feelings of anxiety for mom surrounding having enough time to focus on her oldest son with a new baby around. Around 16 months of age a referral was made for the Help Me Grow program and the son was able to receive extra help through the Early Intention Services, with a teacher and speech therapist coming out to their home weekly to work on communication and personal-social skills. This was extremely helpful to Mom, because when her first son was 18 months old and her second son was born, she was able to take some of that pressure off of herself knowing that her first son was getting extra help in practicing his communication skills.

I also encouraged Mom to sign up for the ECFE baby class, so she could get some more socialization in and also get the boys out of the house and playing with other children. She found this to be a great resource and reported to me that she had been feeling down and depressed with the challenges of motherhood and splitting her love and attention between all 3 of her kids. Connecting with other moms at ECFE really allowed her to understand she is not alone in her struggles and was able to form some very meaningful relationships.

Fast forward to now, and the family is feeling more financially stable with the assistance from community financial resources, Mom's mental health has improved with increased social interaction and formed relationships with other community members, the first son's communication and personal-social skills have greatly improved and are now considered "on track" for his age, and the whole family's confidence has also improved. I continue to do visits with this family and always look forward to seeing them."



A FAMILY SUCCESS STORY SUBMITTED BY PHN SARINA KNAEBLE



Dad



Mom



Daughter (age 12)



Son (age 2.5)

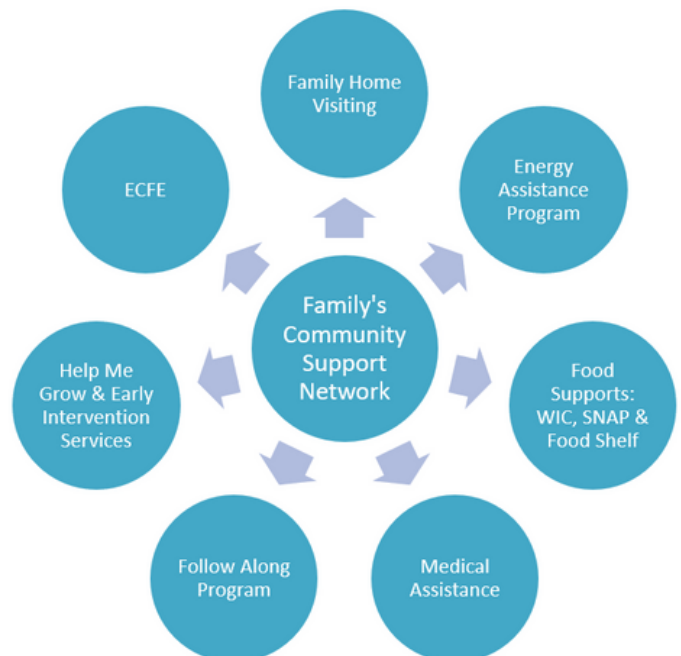


Son (age 1)



To learn more about the resources mentioned in this family's story:

- Family Home Visiting
<https://firststepscentralmn.org/>
- Energy Assistance
<https://tricap.org/assistance/energy-assistance/>
- Women, Infants & Children (WIC):
<https://www.health.state.mn.us/people/wic>
- SNAP (Food Assistance)
<https://mn.gov/dhs/mnfoodhelper/>
- Follow Along Program
<https://www.health.state.mn.us/people/childrenyouth/fap>
- Help Me Grow
<https://helpmegrowmn.org/>
- ECFE
<https://education.mn.gov/MDE/fam/elsprog/ECFE/>





WE ARE LOOKING FOR YOUR FEEDBACK



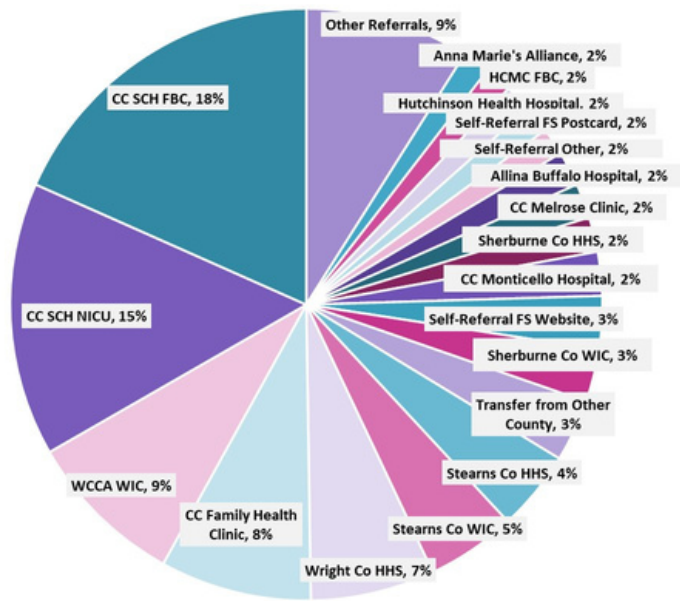
We value your feedback and want to make data-driven decisions, we ask each of you to take a short survey about these quarterly Community Partner Newsletters. Your feedback will help determine the future direction of these newsletters. Please complete this survey at <https://www.surveymonkey.com/r/23CPNEWSLETTER> (or scan this QR code) by 5/31/23.



DATA DIVE

Thank you for taking the time to connect families you serve to our program. We look forward to receiving referrals from you and working together to improve outcomes for central MN families!

FS CENTRALIZED INTAKE REFERRAL SOURCES, 2023 YTD



FS Referral Sources
35 in 2023 To-Date
88 Total

Included in Other Referrals:

Allina Health Specialty OB	1%
Anoka Hennepin Technical High School	1%
Blue Plus PMAP List	1%
Catholic Charities - HOPE	1%
CC Plaza Clinic Pediatrics	1%
CC SCH Pediatric	1%
Glencoe Regional Hospital	1%
HealthPartners Pregnancy Program	1%
Maple Grove Hospital	1%
MHealth Fairview Northland Hospital	1%
Options for Women Cornerstone	1%
Ridgeview Medical Center	1%
Robbinsdale Women's Center	1%
Sherburne & NWright Special Ed Coop	1%
St Cloud School Dist 742--ECFE SW	1%
Stellis Health Monticello Clinic	1%



FS CENTRALIZED INTAKE REFERRALS | QUARTERLY OVERTIME REFERRALS TOTAL (AREA) BY REFERRAL COUNTY OF RESIDENCE (LINES)

